

Application No. 10/826,096

Response to Office Action Mailed 09/20/2005

LISTING OF CLAIMS

Claim 1 (original). A reciprocating weight exercise apparatus comprising:

a rigid tube having a first end and a second end;

a first stationary handle affixed to the first end and a second stationary handle affixed to the second end;

a first coil spring and a second coil spring, the tube being deployed within the coil springs;

a permanent weight adapted for sliding along the length of the tube and between the first coil spring and the second coil spring, the permanent weight having sufficient weight to compress the coil springs;

a first slidable handle and a second slidable handle adapted for sliding along the length of the tube, the first slidable handle being adjacent to the first coil spring and the second slidable handle being adjacent to the second coil spring; and

a first shock absorbing means deployed on the tube adjacent to the first stationary handle and a second shock absorbing means deployed on the tube adjacent to the second stationary handle.

Claim 2 (original). An exercise apparatus as set forth in claim 1 wherein the first end of the tube is swaged where the first stationary handle is affixed to it and the second end of the tube is swaged where the second stationary handle is attached to it.

Claim 3 (original). An exercise apparatus as set forth in claim 2 wherein each slidable handle is seated on a tubular sleeve with a swaged outer end.

Claim 4 (deleted). An exercise apparatus as set forth in claim 3 further comprising a first auxiliary weight attachable to one side of the permanent weight and a second auxiliary weight attachable to a side of the permanent weight opposite to the side to which the first auxiliary weight is attached.

Claim 5 (currently amended). An exercise apparatus as set forth in claim [[4]] 10 wherein the weight has a threaded circular cylindrical surface and wherein each auxiliary weight is annular with a threaded interior surface such that the auxiliary weight can be screwed onto the permanent weight.

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Claim 6 (original). An exercise apparatus as set forth in claim 3 wherein each shock absorbing means is an O-ring and a bushing.

Claim 7 (original). An exercise apparatus as set forth in claim 5 wherein each shock absorbing means is an O-ring and a bushing.

Claim 8 (original). An exercise apparatus as set forth in claim 3 wherein each shock absorbing means is a spring and a bushing.

Claim 9 (original). An exercise apparatus as set forth in claim 5 wherein each shock absorbing means is a spring and a bushing.

Claim 10 (new). A reciprocating weight exercise apparatus comprising:
a rigid tube having a first end and a second end;

a first stationary handle affixed to the first end and a second stationary handle affixed to the second end;

a first coil spring and a second coil spring, the tube being deployed within the coil springs;

a permanent weight adapted for sliding along the length of the tube and between the first coil spring and the second coil spring, the permanent weight having sufficient weight to compress the coil springs;

a first slidable handle and a second slidable handle adapted for sliding along the length of the tube, the first slidable handle being adjacent to the first coil spring and the second slidable handle being adjacent to the second coil spring;

a first shock absorbing means deployed on the tube adjacent to the first stationary handle and a second shock absorbing means deployed on the tube adjacent to the second stationary handle; and

a first auxiliary weight attachable to one side of the permanent weight and a second auxiliary weight attachable to a side of the permanent weight opposite to the side to which the first auxiliary weight is attached.